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USD Nurses' Honor Society Newsletter (1980 01.04)

Sigma Theta Tau. Zeta Mu Chapter (University of San Diego)

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USD NURSES' HONOR SOCIETY NEWSLETTER

Volume 1

April 1980

Number 4

NURSING LEADER MARTHA ROGERS TO VISIT USD

Martha Rogers, R.N., Sc.D., will be the guest speaker at the Spring Research Conference. Dr. Rogers is a physicist and a nurse, author, full time international lecturer, and Head of Nursing Education Division of New York University.

Dr. Rogers' unique theory of nursing is derived from the total body of knowledge available to man. She has interwoven these principles into a true holistic concept of man and his environment. Diseases are seen as periods of repatterning. These concepts allow nurses a theoretical base for creative, independent interventions.

Some of the basic concepts of Rogerian theory include the following: Reciprocy - the universe is whole, open, dynamic and man is in dynamic interaction with the environment; Helicy - life evolves along a spiraling axis bound in the curvature of space-time, the rhythms of life being inextricably woven into the rhythms of the universe; Resonancy - between man and the environment there is a rhythmic flow of energy waves.

The conference is scheduled for Saturday, May 10 from 9:00 a.m. to 4:30 p.m. with lunch and beverages included. There is a reduced fee for Society members. Dr. Rogers will lecture before lunch and circulate among small group discussions to help clarify her theory in the afternoon.

This is a unique opportunity to meet a renowned current nursing leader and one of the foremost nursing theorists. Treat yourself to a multidimensional repatterning experience! I look forward to seeing you there.

Mary J. Both
Publicity Committee

To reserve your space, mail in a registration form

REGISTRATION FORM

The Science of Man

May 10, 1980

Fee: \$35.00

\$25.00 - Society Members and Students with ID

Mail To: Continuing Education
U.S.D.
Alcala Park
San Diego, CA 92110

NAME: _____

R.N. LICENCE #: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

LETTER FROM THE EDITOR

Dear Member:

We are expanding our newsletter to contain more academic and professional news concerning members, as well as, community nursing leaders. The membership has been very responsive in sharing their work and ideas for this issue. Lets continue this trend. Nursing needs to support and learn from each other. As we raise our individual consciousness, we'll learn to raise the consciousness of the profession.

Thank you.
Marybeth Koch
Chairperson,
Publicity Committee

Please address any contributions for the newsletter to:

Marybeth Koch
3019 Peters Way
San Diego, CA 92117

UPCOMING EVENTS:

May 10, 1980	May Research Conference, with MARTHA ROGERS!
May 14, 1980	Executive Board Meeting
August, 1980	Newsletter Published
Sept. 15, 1980	Fall Business Meeting. Induction of new members, Bylaws revision for chartership.

ANNOUNCEMENTS:

ATTENTION!!! Ballot for new officers at end of newsletter

Annual reports needed from Bylaws, Eligibility committees. Also, secretaries please forward minutes of committee meetings to Carol Judkins, Secretary, 6156 Tamilynn St., San Diego, CA 92122

OPINIONDO NURSES PRACTICE WHAT THEY PREACH?

Recently, at an inservice meeting with a group of hospital nurses discussing breathing and relaxation techniques, I was confronted with the fact that although nurses instruct patients, they take little note of their own practices. The question became, "Do nurses practice what they preach?"

Many times I believe we encourage patients, clients, staff or students to take deep breaths, relax and express their feelings. This can be very therapeutic. How often do we take note of how relaxed we are or if we are expressing our feelings? Nurses have long recognized the correlation between emotional states in others and their health status. Having worked with nurses for nine years, I have noticed that they take more interest in the emotional well being of patients than themselves.

Perhaps it is time to "look within" in our work with others. I feel this issue is very important in my practice. My state of tension or doubt or anger is perceived by my clients, staff or students. Likewise, my calmness, peace and self assurance is perceived. How effective can I be if I am as anxious as my client? How positive am I thinking as I listen to him/her vent his/her anger or frustration? How am I breathing as I instruct this client to breathe and relax? These are powerful questions which, when considered, can promote more effective communication and practice, in my opinion.

Mary J. Both, R.N.

OPINIONNEW HORIZONS FOR NURSES

On March 22, 1980, David Horowitz, the well-known consumer expert and television personality spoke at USD's DeSales Hall to an alarmingly small group of interested consumers. Anna Mae Eckstein and I represented the school's nursing students and we were treated to an entire series of lectures given by authorities in the fields of Stock Broking, Real Estate, Banking, Taxes and, of course, Consumerism.

The highlight of the Morning was Mr. Horowitz, whose latest book, Fight Back! and Don't Get Ripped Off, published in San Francisco by Harper and Row, 1979, reflects his adamant feelings that today's consumer should indeed Fight Back! and Be Aware of getting Ripped-Off by Big Business, phony magazine ads, false advertising and fraud. In the face of today's inflation, or as some economists more accurately describe it, the depreciation of the dollar, and with the cost-of-living wage increases remaining remarkably low for professional nurses, I feel it is well worth our time and energy to attend seminars such as this so that nurses can become more aware as well as more adept in the area of consumerism.

Mr. Horowitz urges us to Fight For Our Rights! if we feel that we've been cheated or misled when purchasing products that do not live up to our expectations. He advocates Assertiveness in buying a product or in returning something that we are not happy with, whether it is food, clothing, automobiles or any material goods. He feels that we have a right to complain in person or in writing if we are dissatisfied with a service rendered, such as a doctor's examination, an exorbitant dental fee, a sloppy carpentry job, etc. He advises us to Beware! of false advertising, especially when contemplating buying something through

the mail. We should check out the credibility of the advertiser or company involved in the product. He vehemently stressed the psychological temptations of supermarket traps and tells the consumer how to spot them. He strongly believes in checking the labels of all foods before buying them. As nurses we should be especially aware of the contents in our food.

In conclusion, it was an excellent seminar and every speaker, including Mr. Horowitz, was enlightening, informative and interesting. Let's hope we see more nurses and nursing students at the next one!

Thank you.
Kathi Fortinash, R.N.

AREA NURSING RESEARCH UPDATE

REGINA MICONE, R.N., M.S.N. and
KAREN ZAPPONE, R.N., M.S.N.
COMPLETE FIRST THESIS AT USD NURSING
DEPARTMENT...

The thesis "Parents' Prediction of Childrens' Self-Concept in Diagnosed Gilles de la Tourette Syndrome as Compared with Control Children", examines the issue of chronic illness in children and explores its effects on the self-concept of the child as viewed by the child and his parents.

Five hypotheses were tested, and four out of five of the hypotheses were supported by this study. Overall, there was a significant difference between the GTS group and the control group with regard to self-concept. The hypothesis not supported in this study indicated an area for future research.

JANET HARRISON, R.N., M.S.N. and
MARY ANN HAUTMAN, R.N., M.S.N. STUDY
MIDDLE AMERICANS' HEALTH BELIEFS

Mary Ann Hautman, R.N. and Janet Harrison, R.N., are completing a study of "Folk Health Beliefs and Practices in Middle Income Anglo-Americans". The data has been collected and is ready for publishing. It is examining whether folk health beliefs are a part of Middle Income Americans' health practices.

JOANNE CLARK, R.N., EXAMINES GRADUATES
OF AN R.N./L.V.N. REFRESHER PROGRAM

JoAnn Clark, R.N. has recently completed a questionnaire survey of the graduates of the R.N./L.V.N. Refresher Program she teaches at the Grossmont Health Careers Center in La Mesa.

This program is the only academic based Nurse Refresher Program offered in the San Diego or Imperial Counties. Geared to updating the students' nursing skills and knowledge, it offers 7 weeks of didactics and 8 weeks of clinical supervision at Alvarado Community Hospital. Prime goals of the program are to assist the returning nurse in the resocialization process and to encourage the nurse's mature acceptance of the increased responsibilities of patient care inherent in modern nursing practice.

The survey included 107 nurses who completed the course between January 1977 and October 1979. Results indicated that 82% of the group returned to active nursing after course completion with an additional 3% continuing their nursing education.

A typical student was married, 44 years old, with three children under the age of 14. She was a graduate of a three year hospital based diploma school and had been active in nursing an average of 6 years and 11 months before leaving the field due to increased family responsibilities. The typical graduate had been inactive for 11 years and 10 months before enrolling in the Refresher Program.

Of the 107 respondents, 47 nurses returned to active nursing part-time, 41 returned full-time and 16 nurses remained inactive.

The survey showed 60 nurses had a three year diploma preparation, 23 had graduated from a generic baccalaureate program in nursing and 14 were L.V.N.'s. Associate degrees from community colleges were held by five R.N.'s and five nurses had Masters and Bachelor degrees in other areas along with their diploma R.N.

RESEARCH UPDATE CONTINUED...

EVELYN ANDERSON, R.N., Ph.D. and
PATTY PIERSON, R.N., M.S.N. RESEARCH
FACULTY PRACTICE

Evelyn Anderson, R.N., Ph.D., and Patty Pierson, R.N., M.S.N. sent letters of inquiry to all NLN approved baccalaureate programs' deans or directors to identify the number of faculty involved in faculty practice. No literature exists on the subject, but material has been presented at meetings. A definition of faculty practice was included in the letter to the schools, and those faculty who identified themselves as fitting this description are being sent a questionnaire. Issues being examined are: 1) whether the faculty members are "moonlighting", 2) whether the school allows them to include this time as part of their faculty role, 3) whether faculty practice is rewarded through promotion and tenure, 4) how faculty practice assists students in achieving professional roles, and 5) if they faculty view themselves as updating their own skills through continued practice. A very high response and interest rate has been received from the deans and directors. Currently, questionnaires are being distributed to faculty members.

ANNA MAE ECKSTEIN, R.N., B.S.N.,
KATHERINE FORTINASH, R.N., B.S.N., and
CAROLYN CASSELLS, R.N., M.S.N. STUDY HOW
RETIREES MAY BENEFIT FROM
NURSING INTERVENTION

A questionnaire, adopted from a 8 year study done at Cornell University, was used to evaluate retirement factors such as socioeconomic status, health, family and friends, attitudes and feelings, and activities. Ninety-two respondents ranging in age from 64 to 75 years (mean age 69.1) from all socioeconomic groups filled out the questionnaires.

None of the respondents rated their health as poor and half rated their health as good. Most felt that their health was improved through retirement. Persons in the higher economic groups rated their health as better than those in the lower groups. However, the responses also indicated retirees tend to accept changes in the body and health as a part of "growing old". This strongly indicates the need for nursing intervention to promote a positive attitude toward obtaining medical help.

Successful adjustment to retirement is positively influenced by close family relationships, especially those which promote independence in the retirees, and the presence of good friends. Responders in the higher socioeconomic groups indicated these factors, especially a "close family group", as important in a positive retirement experience. The absence of close friends or confidants was reflected in the questionnaires of lower socioeconomic groups which contained the highest percentage of widowed, divorced or never married subjects.

SPRING BUSINESS MEETING REPORT

The Spring Business Meeting was held March 31, 1980, at USD School of Nursing. The meeting consisted of Committee reports with several resolutions and motions passed. Carolyn Cassells, President, presided.

Executive Committee

Carolyn Cassells listed the many programs they instituted during this first year including; developing a membership roster and letterhead, interfacing with the Continuing Education Department at USD, developing guidelines for community members' eligibility, and continued communication with national Sigma Theta Tau headquarters and president.

Chris Brown reported a balance of \$1,135 in the treasury, with an income of \$1,900 (including \$875 in donations/gifts) and expenses of \$724 for the year. New members were reminded that \$7.50 in dues for the year are due, and that all members owe dues in July.

Program Committee

The program committee is planning a Spring program with a research focus for late May-early June. Sue Gollop, chairperson, announced the current efforts to coordinate Martha Rogers as speaker. Alternative plans are for local nurses to present their research and/or theses. The fall program was a success, making a profit for the organization.

Publicity Committee

The publicity committee reported on its dual function in publishing the quarterly newsletter and arranging publicity for programs. After discussion on the possibility of dividing the committee, a motion was passed to have a chair and co-chairman. Marybeth Koch, chairperson, asked for all members' input to the newsletter, and particularly to support each other by informing her of projects and jobs (professional activities) members are involved in.

Eligibility Committee

Anna Mae Eckstein reported the committee hosted a pot luck last October for new members. A vote was taken and Carmen Warner was elected to the honor society. Welcome, Carmen! That brings membership to 51.

By Laws Committee

Cookie Gender presented three amendments which were passed by vote. An Induction and Research committee were added to Article III, sections 2 and 4 of the By Laws.

Nominations Committee

Mary Ellen Farrell presented the nominations received for offices of treasurer and vice-president. A motion was passed to have a vote by mail with ballot attached to this newsletter. It was also suggested to include a personal vitae or biography of the candidates in future elections.

CURRENT NURSING NEWSMEETINGS AND WORKSHOPS**LEARN HOW TO CREATE YOUR OWN MIRACLES!**

An experiential workshop will interweave concepts from "A Course in Miracles"

Place: La Jolla Womens Club
715 Silverado St.
La Jolla, CA

Time: 6:00 p.m. to 11:00 p.m.

Date: May 9, 1980

Fee: \$10.00 in advance
\$12.00 at the door

Facilitated by Dr. Sonya Herman with assistants.

For further information and fee call 270-0172.

GSNA HOST "AN EVENING WITH NURSES IN ACTION"

April 16, 1980

Meeting was held from 6:30 p.m. to 8:30 p.m. at USD. MSN graduates returned for an evening of sharing what has happened to them since they left USD.

Issues addressed included; job market for the degree, interviewing, and pay. Does having an M.S.N. make a difference? An informative and enlightening evening was experienced by those in attendance.

CONSCIOUSNESS RAISING!

A growth process whereby women learn and grow from sharing their experiences, feelings, and backgrounds with each other.

Group Facilitators:

Elisabeth Hamel, R.N., B.S.N.
Dyana Sandry, R.N., B.S.N.

Meeting: 7 - 8:30 p.m., for 6 consecutive sessions, beginning May 17, 1980

For further information contact:
East County Group
442-2234

Beach Area Group
270-9644

BALLOT

CANDIDATES FOR VICE PRESIDENTVOTE FOR ONEChris BrownEducation:

B.S., Boston College School of Nursing, 1966
M.S. Family Health, USD, 1979

Experience and Interests:

Director, Scripps Memorial Hospital Community Health Education Center. Responsibilities include coordination of health education programs which focus on facilitating the focus of individuals', families' and communities' assuming responsibility for their own health. Member of USD Nurses Honor Society Steering Committee. Treasurer, USD Nurses Honor Society.

Mildred WebbEducation:

B.S.N. from USD, 1977

Experience and Interests:

Currently employed as Director of Education and Training at Grossmont Hospital. Member of the In Service Council of San Diego, USD Honor Society, Program Committee and La Mesa Soroptomist Club.

Mary MiddletonEducation:

Johns Hopkins Hospital, School of Nursing Diploma Program, graduated 1962.
DePaul University, Chicago and Mesa Jr. College, San Diego - undergraduate work.
USD, San Diego, B.S.N., 1980.
Applicant for Masters Program, USD, Fall, 1980

Experience and Interests:

1972-1979: Alvarado Community Hospital... developed format for the ICU's and set up all standards and policies. On the staff there as a charge nurse in both ICU and ER, supervisor and Head Nurse in the ICU's. Substitute instructor in Grossmont Health Careers L.V.N. program and independent instructor in the Grossmont Staff Development Program.

ATTENTION: Tear off, turn, fold in three sections with stamp showing, and return to Kathy Green, 417 Granvilla St., La Jolla, CA 92037 by May 30, 1980.

BALLOT

CANDIDATES FOR TREASURERVOTE FOR ONECookie GenderEducation:

Graduated from USD Baccalaureate Program
May, 1979.

Experience and Interests:

Currently employed at Sharp Rehabilitation Center as Liaison Nurse and Outpatient Supervisor. Have worked in rehabilitation for eight years. Serving as president of the San Diego Chapter of the Association of Rehabilitation Nurses. Was the founding president of this chapter in 1976. Member of USD Honor Society and served as Secretary to By Laws Committee for past year. Have given many lectures in the community on Rehabilitation nursing and on Sexuality with the Disabled.

Elaine ManonsEducation:

Received a B.S.N. from USD in 1979.

Experience and Interests:

Part-time Community Health nurse with Allied Home Health, also a part time discharge coordinator at Hillside Hospital. Member of USD Honor Society serving on the Eligibility Committee. Member of San Diego County Chapter Heart Association and serving on the Continuing Education Committee.

Nolan DonovanEducation:

1980 Graduate of USD Philip Y. Hahn School of Nursing (B.S.N.). 1974 graduate of Mercy Hospital School of Nursing (Diploma).

Experience and Interests:

1977 to present: Intensive Care Unit, Scripps Memorial Hospital, La Jolla.
1976 to 1977: Research Nurse for Coronary Artery Surgery Study, Johns Hopkins University, Baltimore, Maryland.
1974 to 1976: Surgical Intensive Care Unit, Johns Hopkins Hospital, Baltimore, Maryland.
Member of Student Nurses' Association, 1978 to present.
1978 to 1979: Student representative to the faculty.
1979 to 1980: CNA - SNA Liason.

ATTENTION: Tear off, turn, fold in three sections with stamp showing, and return to Kathy Green, 417 Granvilla St., La Jolla, CA 92037 by May 30, 1980.